

# Pecan French Toast Bake

This decadent breakfast or brunch dish is perfect for a cozy holiday morning.



Prepare the ingredients the night before and just pop it in the oven in the morning!

## Ingredients:

Nonstick cooking spray  
1-pound loaf Italian bread, preferably whole-wheat  
8 ounces reduced-fat cream cheese  
1/3 cup sugar, divided  
1/4 cup chopped pecans  
4 eggs  
2 cups fat-free milk  
1/2 teaspoon vanilla  
1 teaspoon cinnamon  
1 Tablespoon trans-fat-free margarine, melted

## Preparation:

Spray 9 x 13 inch pan with cooking spray. Cut bread into cubes; place half in pan. Microwave the cream cheese to melt, stirring every 30 seconds. Once melted, add half the sugar. Pour this mix over the bread cubes (will not completely cover). Sprinkle nuts over cream cheese layer. Top with remaining bread cubes.

In a bowl, beat the remaining sugar, eggs, milk, vanilla, cinnamon and melted margarine together. Pour over bread cubes. Let sit overnight in the fridge.

Bake at 350 degrees F for 35 minutes. Top with fruit when you're ready to serve.

## Nutrition Facts

Yield 8 servings

Amount Per Serving

**Calories** 322

**Fat** 11 g

**Saturated fat** 1.5 g

**Cholesterol** 110 mg

**Protein** 12 g

**Carbohydrates** 45 g

**Fiber** 2 g

**Sodium** 101 mg

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